

Name: Vanessa Rivas (50yo) F

Reason: fatigue and shortness of breath

History of presenting illness:

Reason for encounter	Increased fatigue and short of breath
History of present illness	Increased fatigue and shortness of breath that is accompanied by severe lightheadedness and increased frequent headaches. Fatigue affects daily activities. Headaches are more frequent and are associated with activity and typically last several hours. Symptoms started several months ago during a game of golf. Recently, recently working in the yard, planting flowers, the client got severely lightheaded and had a near-syncope episode that required her to sit down. Symptoms are resolved spontaneously with rest and limited activity. Denies recent travel. Lightheadedness with position changes, symptoms resolve spontaneously. Self-treats headaches with ibuprofen. Headaches are described as “an ache all over my head” and mild on pain scale. Reports heavy bleeding with menstrual cycles for the first 2-3 days and total duration of 7-8 days.

Review of systems:

General	Fit and healthy, denies difficulty sleeping
HEENT/neck	Denies HEENT symptoms
Cardiovascular	Denies palpitations and chest pain
Respiratory	SOB for several months; denies cough
GI	Loose stools occasionally (past year), Appetite is good, denies weight loss, constipation, nausea/vomiting, abdominal bloating, and blood in stool
GU	Heavier periods over past year with no breakthrough bleeding
Musculoskeletal	Denies generalized weakness
Neurologic	Frequent headaches, lightheadedness with position

	changes; denies numbness and tingling, denies confusion
Skin/breast	Denies edema and rash
Psychiatric	Stable mood, denies depression
Endocrine	Denies endocrine associated symptoms
Hematologic/lymphatic	Denies bruising or bleeding easily
Allergic/immunologic	Denies immunologic symptoms

Past medical history:

PMH	Overall healthy, history of loose stools with stress, infrequent, not unusual for her
Hospitalization/surgeries	G2P2 – vaginal deliveries with no complications Bilateral tubal ligation – (38 y.o.) no complications Appendectomy – (10 y.o.) no complications
Preventive	Annual GYN: no abnormal pap smears, last year Annual physical: 1 year ago Immunizations: up-to-date
Medications	Ibuprofen PRN for headaches
Allergies	NKDA
Social History	Diet: vegan for past 2 years Fluids: normal amount Sleep: Activity: daily stretching and 1 mile walks; weekly golf Tobacco: denies Alcohol: 1 glass of wine per day Drugs: denies Occupation: radiology department Living situation: single-family home Finances: denies issues, has insurance Stressors: uses golf and walking to manage stress Support system: husband and children, parents live near
Family history	Mother – Crohn's disease, T2 DM Father – colon cancer at 50 y.o. Children – alive and healthy Siblings – alive and healthy

Physical assessment:

50 y.o.	98.6 F	82	L 126/72	R 128/74	RR 16	97%
General	Alert, slight pallor; bilateral upper and lower extremity cap					